

# Assignment — Part 1

Name: \_\_\_\_\_

This week, I am going to:

1. \_\_\_\_\_

**THIS SHOWS YOU HOW I FELT WHEN I DID IT:**

WHEN / WHERE?		Feeling Thermometer Rating		
		BEFORE	AFTER	HIGHEST
1st time				
2nd time				
3rd time				
4th time				
5th time				

2. \_\_\_\_\_

**THIS SHOWS YOU HOW I FELT WHEN I DID IT:**

WHEN / WHERE?		Feeling Thermometer Rating		
		BEFORE	AFTER	HIGHEST
1st time				
2nd time				
3rd time				
4th time				
5th time				

# Assignment — Part 2

Name: \_\_\_\_\_

In the box, write something that happened to you that made you upset. Then write down some of the thoughts you had under "Unhelpful Thoughts."

What happened:

**UNHELPFUL THOUGHTS**

**HOT SEAT THOUGHTS**

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